

Oxtail stew

Cuisine: **Italian**
Food category: **Beef**




Author: Jaroslav Mikoška


Company: Retigo





Program steps


1


 Combination


 70 %

 Termination by time

 03:30 hh:mm

 160 °C

 100 %



Ingredients - number of portions - 8

Name	Value	Unit
oxtails	2	pcs
celery sticks	2	pcs
onion	1	pcs
garlic cloves, finely chopped	2	pcs
cured pork jowl	200	g
extra virgin olive oil	30	ml
dry white wine	400	ml
tomato puree	1.3	kg
clove	4	pcs
pine nuts	60	g
raisins	40	g
cocoa	15	g
salt	1	g
freshly ground black pepper, ground	1	g

Nutrition and allergens

Allergens: 9
Minerals: Ca, Co, Cr, Cu, F, Fe, I, K, Mg, Mn, Na, P, Se, Zn
Vitamins: A, B, B6, C, E, K, Kyselina listová

Nutritional value of one portion	Value
Energy	286.1 kJ
Carbohydrate	44.1 g
Fat	6.1 g
Protein	10.9 g
Water	0 g

Directions

*oxtails-900g each

1. Rinse the tails well and cut them into eight equal chunks.
2. In a Dutch oven render the fat from the cured pork jowl by heating it from cold until the fat melts, adding evoo as necessary.
3. Sear the tail chunks in the hot, rendered fat, adding the garlic cloves, halved, stemmed and finely chopped, salt and pepper at a later stage.
4. Deglaze with white wine on high heat until the alcohol has evaporated and the wine reduced.
5. Set the oven on combi at 90°C.
6. Combine the tomatoes, cover with a lid and slow-cook in the oven for 3–4 hours or until the meat around the tails has fully tenderised.
7. Towards the end of the stewing process, soften the celery in hot evoo in a skillet and add to the pan about 60ml of jus from the stew, roasted pine nuts, raisins and cocoa powder. Simmer for 5 minutes.
8. Plate a piece of oxtail per portion, topping with the pine nut and raisin sauce as garnish.

Recommended accessories



GN container Stainless
steel full